

Full Report (All Nutrients) 01045, Cheese food, cold pack, American

Report Date: December 04, 2015 05:20 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 oz 28.35g	1 package (8 oz) 227g
Proximates						
Water	g	43.12	5	0.169	12.22	97.88
Energy	kcal	331	--	--	94	751
Energy	kJ	1386	--	--	393	3146
Protein	g	19.66	5	1.241	5.57	44.63
Total lipid (fat)	g	24.46	5	0.242	6.93	55.52
Ash	g	4.44	5	0.103	1.26	10.08
Carbohydrate, by difference	g	8.32	--	--	2.36	18.89
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	497	5	6.851	141	1128
Iron, Fe	mg	0.84	--	--	0.24	1.91
Magnesium, Mg	mg	30	1	--	9	68
Phosphorus, P	mg	400	1	--	113	908
Potassium, K	mg	363	1	--	103	824
Sodium, Na	mg	966	1	--	274	2193
Zinc, Zn	mg	3.01	--	--	0.85	6.83
Copper, Cu	mg	0.030	--	--	0.009	0.068
Manganese, Mn	mg	0.010	--	--	0.003	0.023
Selenium, Se	µg	16.2	--	--	4.6	36.8
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.030	--	--	0.009	0.068
Riboflavin	mg	0.446	8	0.042	0.126	1.012

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 package (8 oz) 227g
Niacin	mg	0.074	20	0.013	0.021	0.168
Pantothenic acid	mg	0.977	32	--	0.277	2.218
Vitamin B-6	mg	0.141	26	0.005	0.040	0.320
Folate, total	μg	5	21	0.349	1	11
Folic acid	μg	0	--	--	0	0
Folate, food	μg	5	21	0.349	1	11
Folate, DFE	μg	5	--	--	1	11
Vitamin B-12	μg	1.28	1	--	0.36	2.91
Vitamin A, IU	IU	705	5	27.316	200	1600
Lipids						
Fatty acids, total saturated	g	15.355	--	--	4.353	34.856
4:0	g	0.793	--	--	0.225	1.800
6:0	g	0.470	--	--	0.133	1.067
8:0	g	0.358	--	--	0.101	0.813
10:0	g	0.591	--	--	0.168	1.342
12:0	g	0.728	--	--	0.206	1.653
14:0	g	2.513	--	--	0.712	5.705
16:0	g	6.807	--	--	1.930	15.452
18:0	g	2.805	--	--	0.795	6.367
Fatty acids, total monounsaturated	g	7.165	--	--	2.031	16.265
16:1 undifferentiated	g	0.646	--	--	0.183	1.466
18:1 undifferentiated	g	6.015	--	--	1.705	13.654
Fatty acids, total polyunsaturated	g	0.719	--	--	0.204	1.632
18:2 undifferentiated	g	0.461	--	--	0.131	1.046
18:3 undifferentiated	g	0.257	--	--	0.073	0.583
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
Cholesterol	mg	64	--	--	18	145
Amino Acids						
Tryptophan	g	0.287	--	--	0.081	0.651
Threonine	g	0.638	--	--	0.181	1.448
Isoleucine	g	0.909	--	--	0.258	2.063
Leucine	g	1.738	--	--	0.493	3.945
Lysine	g	1.951	--	--	0.553	4.429

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Methionine	g	0.509	--	--	0.144	1.155
Cystine	g	0.126	--	--	0.036	0.286
Phenylalanine	g	0.999	--	--	0.283	2.268
Tyrosine	g	1.076	--	--	0.305	2.443
Valine	g	1.177	--	--	0.334	2.672
Arginine	g	0.823	--	--	0.233	1.868
Histidine	g	0.801	--	--	0.227	1.818
Alanine	g	0.493	--	--	0.140	1.119
Aspartic acid	g	1.208	--	--	0.342	2.742
Glutamic acid	g	4.080	--	--	1.157	9.262
Glycine	g	0.324	--	--	0.092	0.735
Proline	g	2.000	--	--	0.567	4.540
Serine	g	0.949	--	--	0.269	2.154